



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Rissiek, Daniel

Club: LG TuS Lügde  
Number: 503

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:19:13

Speed: 11.21 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 70 (of 537)

Rank in course/Men: 63 (of 440)

Best time in course: 1:41:44

Rank in category: 13(of 57)

Best time in the category: 1:54:56

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:25	5:16	17	3:08	85	5:13	3.30	17:25	5:16	17	3:08	85	5:13
Schlüsie	3.10	19:05	6:09	18	3:20	90	5:41	6.40	36:30	5:42	16	6:28	84	10:54
Hermannsklippe	2.60	16:23	6:18	13	2:43	71	4:29	9.00	52:53	5:52	15	9:11	77	15:23
Brocken	3.10	25:38	8:16	7	4:49	53	7:25	12.10	1:18:31	6:29	11	14:00	67	22:48
Eiserner Handwe	3.60	16:40	4:37	14	3:03	66	4:04	15.70	1:35:11	6:03	12	17:03	66	26:52
Schlüsie	4.10	16:31	4:01	15	3:13	84	4:34	19.80	1:51:42	5:38	13	20:16	66	31:26
Loddenke	3.10	13:12	4:15	12	1:53	69	3:08	22.90	2:04:54	5:27	14	22:09	65	34:34
Ilseburg/Markt	3.30	14:19	4:20	8	2:08	52	2:55	26.20	2:19:13	5:18	13	24:17	63	37:29